

How to Effectively Clean Wounds

- This guide is for wounds that are not bleeding and do not involve tissues deeper than the skin.
- Tips on How to Clean a Simple Wound



To cleanse a wound, wash your hands thoroughly with soap and water. Use a mild soap, never touch a wound with dirty hands it is important to prevent infection.



Wash around the wound to remove bacteria and other pieces of objects and dirt that may be inside the effected area that could cause infection.



Rinse the wound thoroughly by flushing with clean water, preferably running tap water, but if not possible use the water you have. Never use dirty water to clean wound.



Blot the wound dry with a sterile gauze pad or a clean cloth you should try to use a white cloth or towel, colors have dye which may infect wound. Never rub wound always blot.



Apply a dry sterile bandage or clean dressing and secure it firmly in place making sure you cover the whole area, the bandages and dressing should be changed everyday before you reapply the bandages, clean the wound with mild soap and water first pat dry then apply new bandages



You should see a Physician right away if the wound gets infected, if not it should heal on it's own.

